



Pool Schedule Winter/Spring 2016

January 3 - May 28 (Schedule Subject to Change)

LAP POOL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	3 Lanes Available 5:30 a.m. - 8:00 p.m.	3 Lanes Available 5:30 - 8:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	3 Lanes Available 5:30 - 8:00 a.m.	Master Swim Only 7:00 - 8:00 a.m.	2 Lanes Available 8:00 - 11:00 a.m.
	H2O Aerobics 8:00 - 9:00 a.m.	H2O Aerobics 8:00 - 9:00 a.m.	H2O Aerobics 8:00 - 9:00 a.m.	H2O Aerobics 8:00 - 9:00 a.m.	H2O Aerobics 8:00 - 9:00 a.m.	2 Lanes Available 8:00 - 9:00 a.m.	Open Swim 11:00 a.m. - 5:30 p.m.
	Low Impact 9:00 - 10:00 a.m.	Low Impact 9:00 - 10:00 a.m.	Low Impact 9:00 - 10:00 a.m.	Low Impact 9:00 - 10:00 a.m.	Low Impact 9:00 - 10:00 a.m.	Closed 9:00 a.m. - 12:00 p.m.	
	2 Lanes Available 10:00 a.m. - 2:00 p.m.	Deep Water 9:30 - 10:00 a.m.	2 Lanes Available 10:00 a.m. - 2:00 p.m.	Deep Water 9:30 - 10:00 a.m.	2 Lanes Available 10:00 a.m. - 1:00 p.m.	2 Lanes Available 12:00 - 1:00 p.m.	
	Open Swim 2:00 - 4:00 p.m.	2 Lanes Available 10:00 a.m. - 12:00 p.m.	Open Swim 2:00 - 4:00 p.m.	2 Lanes Available 10:00 a.m. - 12:00 p.m.	Open Swim 1:00 - 4:00 p.m.	Open Swim 1:00 - 4:00 p.m.	
	2 Lanes Available 4:00 - 6:00 p.m.	Masters Swim Only 12:00 - 1:00 p.m.	2 Lanes Available 4:00 - 6:00 p.m.	Master Swim Only 12:00 - 1:00 p.m.	2 Lanes Available 4:00 - 6:30 p.m.		
	H2O Aerobics 6:00 - 7:00 p.m.	2 Lanes Available 1:00 - 2:00 p.m.	H2O Aerobics 6:00 - 7:00 p.m.	2 Lanes Available 1:00 - 2:00 p.m.			
	1 Lane Available 7:00 - 8:30 p.m.	Open Swim 2:00 - 3:50 p.m.	2 Lanes Available 7:00 - 8:30 p.m.	Open Swim 2:00 - 3:50 p.m.			
		Closed		Closed			
RIVER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Adult Only 5:30 - 7:00 a.m.	Adult Only 5:30 - 7:00 a.m.	Adult Only 5:30 - 7:00 a.m.	Adult Only 5:30 - 7:00 a.m.	Adult Only 5:30 - 7:00 a.m.	Adult Only 7:00 - 8:00 a.m.	Adult Only 8:00 - 10:00 a.m.
	Hydro Pump 7:00 - 8:00 a.m.	Hydro Pump 7:00 - 8:00 a.m.	Hydro Pump 7:00 - 8:00 a.m.	Hydro Pump 7:00 - 8:00 a.m.	Hydro Pump 7:00 - 8:00 a.m.	Hydro Pump 8:00 - 9:00 a.m.	Open Swim 10:00 a.m. - 5:30 p.m.
	Adult Only 8:00 - 9:00 a.m.	Adult Only 8:00 - 9:00 a.m.	Adult Only 8:00 - 9:00 a.m.	Adult Only 8:00 - 9:00 a.m.	Adult Only 8:00 - 10:00 a.m.	Closed 9:00 a.m. - 12:00 p.m.	
	Closed 9:00 - 11:30 a.m.	Closed 9:00 - 11:30 a.m.	Closed 9:00 - 11:30 a.m.	Closed 9:00 - 11:30 a.m.	Open Swim 10:00 a.m. - 6:30 p.m.	Open Swim 12:00 - 6:30 p.m.	
	Open Swim 11:30 a.m. - 8:30 p.m.	Hydro Pump 10:00 - 10:30 a.m.	Open Swim 11:30 a.m. - 8:30 p.m.	Hydro Pump 10:00 - 10:30 a.m.			
		Open Swim 11:30 a.m. - 3:50 p.m.		Open Swim 11:30 a.m. - 3:50 p.m.			
		Closed		Closed			
		3:50 - 7:00 p.m.		3:50 - 7:00 p.m.			
		Hydro Pump 6:00 - 7:00 p.m.		Hydro Pump 6:00 - 6:30 p.m.			
ZERO DEPTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Closed 5:30 - 11:30 a.m.	Closed 5:30 - 11:30 a.m.	Closed 5:30 - 11:30 a.m.	Closed 5:30 - 11:30 a.m.	Closed 5:30 - 9:00 a.m.	Closed 7:00 a.m. - 12:00 p.m.	Closed 8:00 - 10:00 a.m.
	Open Swim 11:30 a.m. - 8:30 p.m.	Open Swim 11:30 a.m. - 3:50 p.m.	Open Swim 11:30 a.m. - 8:30 p.m.	Open Swim 11:30 a.m. - 3:50 p.m.	Open/No Features 9:00 - 10:00 a.m.	Open Swim 12:00 - 6:30 p.m.	Open Swim 10:00 a.m. - 5:30 p.m.
		Closed		Closed	Open Swim 10:00 a.m. - 6:30 p.m.		
		3:50 - 6:30 p.m.		3:50 - 6:30 p.m.			
		Open Swim 6:30 - 8:30 p.m.		Open 6:30 - 8:30 p.m.			
SLIDE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Closed 5:30 a.m. - 3:00 p.m.	Closed 5:30 a.m. - 3:00 p.m.	Closed 5:30 a.m. - 3:00 p.m.	Closed 5:30 a.m. - 3:00 p.m.	Closed 5:30 a.m. - 3:00 p.m.	Closed 7:00 a.m. - 12:00 p.m.	Closed 8:00 - 10:00 a.m.
	Open 3:00 p.m. - 8:00 p.m.	Open 3:00 - 3:50 p.m.	Open 3:00 - 8:00 p.m.	Open 3:00 - 3:50 p.m.	Open 3:00 - 6:00 p.m.	Open 12:00 - 6:00 p.m.	Open 10:00 am - 5:00 p.m.
	Closed 8:00 - 8:30 p.m.	Closed 3:50 - 6:30 p.m.	Closed 8:00 - 8:30 p.m.	Closed 3:50 - 6:30 p.m.	Closed 6:00 - 6:30 p.m.	Closed 6:00 - 6:30 p.m.	Closed 5:00 - 5:30 p.m.
		Open 6:30 - 8:00 p.m.		Open 6:30 - 8:00 p.m.			
		Closed		Closed			
		8:00 - 8:30 p.m.		8:00 - 8:30 p.m.			
ROPE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Closed 5:30 a.m. - 8:30 p.m.	Closed 5:30 a.m. - 7:00 p.m.	Closed 5:30 a.m. - 8:30 a.m.	Closed 5:30 a.m. - 7:00 p.m.	Closed 5:30 - 3:30 p.m.	Closed 7:00 a.m. - 1:00 p.m.	Closed 8:00 a.m. - 12:00 p.m.
	Deep End Open 6:00 - 7:00 p.m.	Open 7:00 - 8:00 p.m.	Deep End Open 6:00 - 7:00 p.m.	Open 7:00 - 8:00 p.m.	Open 3:30 - 4:00 p.m.	Open 1:00 - 3:00 p.m.	Open 12:00 - 2:00 p.m.
		Closed 8:00 - 8:30 p.m.		Closed 8:00 - 8:30 p.m.	Closed 4:00 - 6:30 p.m.	Closed 3:00 - 6:30 p.m.	Closed 2:00 - 5:30 p.m.
CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Swim Lessons 9:00 - 11:15 a.m.	Swim Lessons 9:00 - 11:15 a.m.	Swim Lessons 9:00 - 11:15 a.m.	Swim Lessons 9:00 - 11:15 a.m.		Masters Swim 7:00 - 8:00 a.m.	
	Adult Swim Lessons 7:15 - 8:00 p.m.	Masters Swim 12:00 - 1:00 p.m.	Lifeguard Readiness 7:00 - 8:00 p.m.	Masters Swim 12:00 - 1:00 p.m.		Swim Lessons 9:00 a.m. - 11:30 a.m.	
	Pre Season Stroke Clinic 4:00 - 5:00 p.m.	Swim Lessons 4:30 - 6:30 p.m.	March 9 - May 25	Swim Lessons 4:30 - 6:30 p.m.			
	March 28 - May 16						

SWIMMING LESSON CLASS DESCRIPTIONS

PARENT & CHILD AGES 6 MONTHS - 3

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:10 teacher to student ratio.

Swim - Parent & Child 1 (ages 6 mos. - 24 mos.)

Parents are taught to safely work with their children in the water, including how to appropriately support and hold their child in the water to prepare and encourage them to try basic water skills while helping the child feel comfortable in the water.

Parent & Child Level 2 (ages 18 mos. - 3)

Parent and child continue to improve on skills introduced in Level 1 to help prepare the child to perform basic water skills including safe ways to enter and exit the water, exploring submersion and changing body position in the water.

Parent & Child Combined (C) (ages 6 mos. - 3)

This program is designed to teach children how to become accustomed to the water through playful interactions and games. Parents learn how to support and hold their child properly while exploring basic water skills.

PRESCHOOL AGES 3 - 5

The following American Red Cross lessons run 30 minutes. These lessons strive for a 1:5 teacher to student ratio

Preschool 1

Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

Prerequisite: Child must be ready to participate in a group setting.

Preschool 2

Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. The use of simultaneous and alternating arm and leg actions on the front and back will help in the development of future stroke work.

Prerequisite: Pass Preschool 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Preschool 3

Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development.

Prerequisite: Pass Preschool 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

YOUTH AGES 6 - 16

The following American Red Cross lessons run 30 minutes.
These lessons strive for a 1:8 teacher to student ratio.

Level 1:

Students will be taught basic water safety to help build comfort in the water. Elementary aquatic skills such as putting your face in the water, floating with support and basic arm and leg movements will be taught to help build confidence in the water.

Prerequisite: Child must be ready to participate in a group setting.

Level 2:

Students will build on their confidence in the water by learning to float independently and begin development of locomotion skills. Students will also further develop simultaneous and alternating arm and leg actions on the front and back for future stroke development.

Prerequisite: Pass Level 1; OR Go underwater without hesitation; comfortable floating on front and back with support.

Level 3:

Students will build on skills learned in Levels 1 and 2 and start to learn stroke proficiency in the front crawl and elementary backstroke. Students will also be introduced to the fundamentals of treading water to help build comfort in deep water.

Prerequisite: Pass Level 2; OR Independently floating on front and back for 5 seconds; forward movement through water.

Level 4:

Students will continue development of learned strokes (front crawl, elementary backstroke) to achieve greater distances and proficiency. Students will also be introduced to the back crawl, breaststroke, side stroke and butterfly to help build on their aquatic skills.

Prerequisite: Pass Level 3; OR Swim 15 yards front crawl with rotary breathing.

Level 5:

Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, sidestroke, and elementary backstroke) and increase their distances. Flip turns for the front crawl and back crawl will also be introduced.

Prerequisite: Pass Level 4; OR Swim 25 yards front and back crawl.

Level 6:

Stroke Clinic is designed for swimmers who can swim at least 50 meters. Stroke Clinic will refine your swimming skills for lifelong success in the water. Whether you are refining your strokes to become a lifeguard, join a swim team, or just learn to swim efficiently, this class is for you. This is a 45 minute class.

Teen (ages 13-18):

This class is for all abilities and offers individualized instruction within a supportive group environment. The instructor works at your level to help you meet your swimming goals. Abilities can range from learning to conquer your fear of water, developing your strokes or even training for swim team.

Registration windows are as follows:

Weekday Sessions			
Session dates:	Registration Opens:		Registration will close at 12:00 p.m. on:
	Resident	Non-Resident	
Session 1	Nov. 14	Nov. 21	Jan. 4
Session 2	Jan. 23	Jan. 25	Feb. 5
Session 3	Feb. 20	Feb. 22	Mar. 4
Session 4	Mar. 19	Mar. 21	Apr. 8
Session 5	Apr. 23	Apr. 25	Apr. 29

Weekend Sessions			
Session dates:	Registration Opens:		Registration will close at 12:00 p.m. on:
	Resident	Non-Resident	
Session 1	Nov. 14	Nov. 21	Jan. 4
Session 2	Jan. 30	Feb. 1	Feb. 15
Session 3	Mar. 12	Mar. 14	Apr. 11